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(F1C)

Farmington trio honored

By Steve Kowalski
staff writer

NONE OF OBSERVER-LAND'S top wrestling squads earned a berth in this year's state team meet, but the area was well represented at the individual state meet.

Redford Catholic Central sent five wrestlers to the individual meet. The Shamrocks had a pair of fourth-place finishes while Walled Lake Western's Andy Fritz managed to record the lone state title, capturing the 103-pound weight class.

All in all, it was an exciting year of wrestling, and the following wrestlers earned the most respect in Observerland. A panel of area coaches selected the honor squad.

The 119-pound weight class had a pair of worthy candidates, so the honor was shared by Redford Thurstons' Jed Kramer and Redford Catholic Central's Rusty Fowler.

ALL-AREA FIRST TEAM

Rob Sylvester, Catholic Central, heavyweights: A senior, Sylvester placed in every tournament he entered

and took first in the Romulus Invitational, Catholic League meet and the Class A district. Sylvester, who has a career record of 22-27, was second at the regional and fifth at state. He was 48-11 this season.

"I have watched Rob mature from his freshman year, by the pounding he received from Leo Krueger (two-time state champ)," CC coach Mike Rodriguez said. "This is itself a coup. I personally thank Rob for giving this old coach his 500th career win, by pinning Tom Russell of Hazel Park. I will always remember Rob and wish him continued success."

Andy Fritz, 103, Walled Lake Western: The only state champion in Observerland, Fritz also took first place in the Class A district, regional, Western Area, Catholic Association and Clarkston and West Bloomfield Invitational. He improved as the year progressed after taking fourth place in the Oakland County meet and third in the South Lyon Invitational.

He went 46-3 with 23 pins. "Andy matured and knew what to expect this year," coach Dick Watson said. "He rode his opponents really well, controlled people when he was on top and was able to get off the bottom when needed."

Scott Martin, 112, Plymouth Salem: Martin was 38-11 with 28 pins and took first in the WLLA and first at the district. A two-time league champion, Martin has a 72-25 overall record with his senior year remaining. He carries a 3.5 grade-point average.

"Scott had a very tough weight class this year and placed everywhere he went but couldn't win until the league and district," Salem coach Ron Krueger said. "Scott's a very hard worker and will be one of our captains next year."

Rusty Fowler, 119, Catholic Central: Fowler won every regular-season tournament he entered, including the Battle Creek, Lansing Sexton, Lansing Eastern, CC and Romulus Invitational and the Catholic League meet. Also a district and regional champion, Fowler finished with a 54-3 overall record and took fourth in the Class A meet.

He finished his career with a 215-31 record. "It has taken four years for Rusty to come into his own, and he had an outstanding season after being in the shadow of the Heim brothers (Jay and Matt)," Rodriguez said. "We are all very proud of his accomplishments."

Jed Kramer, 119, Redford Thurstons: Kramer took an undefeated dual meet record into the post-season before finishing second in the Class B district and

regional and third in the state. He was 40-3 this year, finishing his career with a school record 134 wins against 36 defeats. A two-time state qualifier and three-time Tri-River League champ, Kramer this season recorded 26 pins and in the classroom maintains a 3.5 GPA.

"Jed was one of the hardest working and most disciplined athletes we've had the pleasure of coaching," coach Pete Hewson said. "Jed has the discipline and work ethic to excel as a college-scholar athlete and he proved he was among the best in the state."

Ryan Carriere, 125, Livonia Stevenson: Making his second straight appearance on the All-Observer team, Carriere finished his career with an 85-30-1 record and the school record for pins. A three-time regional qualifier, Carriere was a league champion and also won the Southfield-Lathrup Invitational. He was second at the Plymouth Canton Invitational and second at the Class A district.

Sean Rock, 130, W.L. Central:

Rock was 34-5 with 15 pins and was the WLLA and South Lyon Invitational champion. He placed second at Chardon, Oakland County and the Class A district.

"He did an outstanding job for us this year," coach Carl McBride said. "His takedown technique is the best I've seen."

Chris Brown, 135, Livonia Churchill: Brown, a senior, won more matches (34) this year than his previous three combined. Brown, 66-39-0 in his career, was a state qualifier after finishing second at the Class A district and third at the regional.

"Chris was a very consistent wrestler the last two years," Churchill coach Melvin Richmond said. "This year through hard work and effort, Chris improved tremendously. Toward the end of the season, Chris was wrestling at a level that would put him alongside some of the best wrestlers Churchill has had since I have been here."

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JOHN STORMER/staff photographer

Chris Kresl (left), wrestling a Dearborn Fordson opponent in the regional tournament, is Farmington High's representative on the 1991 all-area squad.

all-area wrestling

1991 ALL-OBSERVER WRESTLING TEAM

FIRST TEAM

103 Andy Fritz, Walled Lake Western
112 Scott Martin, Plymouth Salem
119 Rusty Fowler, Catholic Central
125 Ryan Carriere, Livonia Stevenson
130 Sean Rock, W.L. Central
135 Chris Brown, Livonia Churchill
140 Gary Devine, Harrison
145 Rusty Fowler, Redford CC
152 Chris Brown, Livonia Churchill
160 Rusty Fowler, Redford CC
171 Rusty Fowler, Redford CC
180 Rusty Fowler, Redford CC

SECOND TEAM

103 Rusty Fowler, Redford CC
112 Rusty Fowler, Redford CC
119 Rusty Fowler, Redford CC
125 Rusty Fowler, Redford CC
130 Rusty Fowler, Redford CC
135 Rusty Fowler, Redford CC
140 Rusty Fowler, Redford CC
145 Rusty Fowler, Redford CC
152 Rusty Fowler, Redford CC
160 Rusty Fowler, Redford CC
171 Rusty Fowler, Redford CC
180 Rusty Fowler, Redford CC

THIRD TEAM

103 Rusty Fowler, Redford CC
112 Rusty Fowler, Redford CC
119 Rusty Fowler, Redford CC
125 Rusty Fowler, Redford CC
130 Rusty Fowler, Redford CC
135 Rusty Fowler, Redford CC
140 Rusty Fowler, Redford CC
145 Rusty Fowler, Redford CC
152 Rusty Fowler, Redford CC
160 Rusty Fowler, Redford CC
171 Rusty Fowler, Redford CC
180 Rusty Fowler, Redford CC

COACH OF THE YEAR

Coach of the Year: Rusty Fowler, Redford CC

HONORABLE MENTION

Garden City, Michigan: Rusty Fowler, Redford CC
Livonia, Michigan: Rusty Fowler, Redford CC
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Eagles exit NAIA tourney after 2 wins

By C.J. Rixak
staff writer

Sure, the bubble had to burst... the dream had to fade... the breaks had to even out. But give the Eagles of St. Mary's College credit — they got the most out of their ride.

One of the lowest seeds at the 32-team NAIA basketball tournament in Kansas City, St. Mary's rolled into the quarterfinals with upset wins over Wayland Baptist and the College of Idaho. As the Eagles readied for Friday's game with Oklahoma City, they could take pride in knowing they were the lowest-seeded team (26th) still alive.

Unfortunately, Oklahoma City was the No. 2 seed in the tournament, and it featured a pair of 6-foot-7 bookends up front — one being Eric Manuel, whose recruitment out of high school ultimately led to NCAA sanctions against Kentucky.

Manuel and battymate Mark Chambers were more than St. Mary's could handle, although the Eagles gave it a fight. But a 13-0 Oklahoma City run midway through the second half proved decisive in its 112-94 win.

ST. MARY'S assistant coach Kevin Donahue summed up the difference between the two teams briefly: "They really hurt us on the boards."

Indeed Oklahoma City did, outbounding St. Mary's 52-37 in the game — including a 17-12 advantage on the offensive boards.

And yet, it was the Eagles who led five minutes into the game, thanks to a lightning-quick start by James Gillespie. The senior guard scored 10 points to give St. Mary's a 15-9 lead with 4:38 elapsed.

One of the lowest seeds at the 32-team NAIA basketball tournament in Kansas City, St. Mary's rolled into the quarterfinals with upset wins over Wayland Baptist and the College of Idaho.

But Oklahoma City adjusted quickly.

"They went to a total denial defense," said Donahue — with the object of their efforts being Gillespie. "They did a tremendous job of doing that." Oklahoma City got the lead and kept it; at halftime it was 47-41. The Eagles battled evenly for the first 10 minutes of the second half, and with 9:36 left Oklahoma City was up just 70-63. But defense and rebounding started to take its toll on St. Mary's, which went 2-13 without scoring.

IN THAT same span, Oklahoma City put 13 points on the board. With 6:23 to play, the Eagles trailed 83-63 and were never able to mount another comeback.

That's not something Herrington is in favor of doing.

ton of steroid use among high school athletes. "So we want kids to have as much information as possible."

"I don't think it's that prevalent (in high schools in general), but everything the colleges and pros get filters down to us. With all the information we're getting about the harmful side effects, I think we can stop it."

"We know there have been two or three cases of abuse at our school, and not all were athletes," Herrington, who has a 176-42-1 record in 21 years as the only head football coach in school history, said none of his football players ever used steroids in his knowledge.

"But that's not to say nobody ever did," he said. "We don't have any testing program, and I would never accuse someone unless we could test them."

That's not something Herrington is in favor of doing.

"If you want to test, you had better test the hand and every other kid in school," he said. "If someone is suspected of having a serious problem, go to the parents and get a voluntary test, find out if you do have a problem and get help."

DURING HIS speech, Herrington said "any

kind of victory achieved through chemicals is a hollow victory," Harrison coaches have always emphasized hard work and not short cuts.

Herrington said former Harrison all-state football players John Miller and Matt Coleman as examples of success achieved the clean way.

"They could be proud of what they accomplished, because they did it without any kind of aid," he said.

Herrington said coaches might be guilty of putting pressure on athletes, which could indirectly lead to steroid use. Even though coaches intend it to be achieved through legitimate weight training and conditioning, athletes might seek the aid of steroids when told they have to be bigger, faster and stronger.

"We've gotta be pretty careful what we say to kids," Herrington said.

Herrington said he doesn't think steroid use is as widespread in Michigan as in some football-mad states. Despite having one of the most successful football programs in Michigan, Harrison has never been consumed by a win-at-all-costs attitude or been driven to that end by community expectations and pressure, Herrington said.

but Gillespie was limited to 15 points after his fast start. Jeff Suspek had 12, Garth Howard scored 10, Marvin Morrison collected nine and six rebounds, and Fred Russell finished with eight points and seven boards.

Manuel and Chambers battered St. Mary's for 26 points apiece, with Chambers getting 17 rebounds and Manuel also had seven assists. Tony Terrell had 16 points and nine assists, and Mike McCoy and Terrance Watson netted 13 points each.

St. Mary's ends with a school-record 26 wins; the Eagles lost 12 Oklahoma City improved to 34-3 with the win.

AGAINST COLLEGE of Idaho, the Eagles rallied from a 37-28 halftime deficit to post an 82-78 triumph. Gillespie and Suspek fueled the comeback, scoring 18 and 17 second-half points, respectively.

A 11-0 run that started with 15 minutes left pushed St. Mary's in front 50-49 with 12:31 to play, and the difference was never more than four until Gillespie's free throw with 4.9 seconds left.

Morrison tied the game at 76-all with 2:35 remaining and Howard followed with a baseline jumper to put the Eagles in front. Gillespie did the rest, scoring St. Mary's final five points.

He finished with 23 points, seven rebounds and five assists. Suspek had 22 points, Bolden had 12 and seven assists and Morrison scored 10 points. Johnnie Hilliard poured in 44 points to lead College of Idaho. Bill Perkins got 15.

The Eagles trailed at the half mainly because of their errant shooting. 13-of-45 (29 percent) from the floor. It was much worse from three-point range. St. Mary's made just 2-of-22 (nine percent). That trend was reversed in the second half. 23-of-32 (69 percent), including 6-of-12 (50 percent) from three-point range.

Athletes get word on steroids

By Dan O'Meara
staff writer

John Herrington is one of the most respected high school football coaches in Michigan, and Farmington Hills Harrison players have responded to his leadership for two decades.

Now school officials hope student-athletes will respect his opinion on the issue of substance abuse and excel without resorting to performance-enhancing chemicals.

Herrington, who also coaches the Harrison baseball team, was the featured speaker Wednesday during an hour-long, in-house seminar dealing with drug abuse by athletes.

The program, which included a video tape made by professional athletes about the negative side of drug use, was intended primarily at preventing the use of steroids but also addressed the use of cocaine, alcohol, etc.

The seminar wasn't meant to counter a major problem at Harrison but done as a service to its student-athletes, Herrington said.

"I DON'T think it's a wide ranging thing, but you can't put your head in the sand," said Herrington.



SHARON LAMER/staff photographer

John Herrington was the featured speaker for the Harrison High seminar on the dangers of steroid use.